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Calgary metro

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MORE LIFE

WHERE'D J-LO GO?

And other questions about Drake's new album

metroLIFE

WINE AND *spirits*

Calgary clairvoyant meets ghosts at funeral home turned pub

metroNEWS

Psychic Kristyne Dahl leads a ghost hunt through Calgary's Rose and Crown pub. AARON CHATHA/METRO

Kenney gets right to it

POLITICS

Leader quickly pushes on with unity mission after victory

Alberta Progressive Conservative Leader Jason Kenney says the wheels are in motion for his unite-the-right plan, with the goal of a new party and an elected leader in place a year from now.

"This is not written in stone (but) if there's any way that we can accelerate that timeline, I'm all ears," Kenney told reporters Sunday after he met with the Progressive Conservative board of directors.

"I want us to go as quickly as we can ... but not jeopardize the unity project by speeding this up unnecessarily."

On Saturday he won 75 per cent of the vote in a delegated convention to become the new party leader on a platform to dissolve the PCs and merge with the fellow right-centre Wildrose party.

Wildrose Leader Brian Jean has already said he is in favour of joining forces if his members approve. Kenney also says any unity move must be approved in a referendum, although he declined Sunday to say what percentage he believes would represent a vote to merge.

The two leaders will meet Monday in Edmonton.

Kenney says he doesn't anticipate running for a legislature seat in the near future but will focus on working on a merger plan.

Party president Katherine O'Neill called the closed-door meeting positive, with the board rallying behind Kenney.

"You can tell around the table today that people want to work with our leader," said O'Neill. "There are a lot of unanswered questions still, but people want to be at that table helping move us to next steps." THE CANADIAN PRESS

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Refugee kids take to skates

NEW CANADIANS

After watching Hitmen play, 14-year-old falls for game

Autumn Fox
For Metro | Calgary

Ahmed Al Khodr, top left, and his brother, Mohamad, fourth from left, came to Calgary from Syria as refugees in 2015. They fell in love with hockey and, now that they have begun skating, are eager to learn more about Canada's national pastime. AUTUMN FOX/FOR METRO

It's the most Canadian of pastimes: strapping on a pair of skates and hitting the rink, and one that sparked the interest of a group of young refugees who now call Calgary home.

"It's a beautiful sport," said 14-year-old Ahmed Al Khodr, who came from Syria to Canada with his family in December 2015.

He and his two younger brothers have spent their Sundays teaching themselves to skate at the Stew Hendry Arena since October.

The rink outings were first organized by Colette DeJordy, chair of the refugee support team at Calgary's Commons Church, which has sponsored a refugee family and organizes volunteers to help newcomers in the community.

DeJordy said the church works with three refugee families with young children, getting them out and engaged in various activities including soccer and swimming lessons.

It was the children who first asked about learning to skate, after hearing about hockey so often.

Ranging in age from six to 14, the group of youngsters initially hadn't shown any interest in hockey itself, but that is slowly changing as they are becoming more exposed to the sport.

"There was this curiosity about skating, because it was so new to them. They'd say they want to play hockey, but had never seen a game before."

> **I can't get them off the ice.**
> Colette DeJordy

Al Khodr saw a Calgary Hitmen game and "that's when he was hooked," according to DeJordy.

Al Khodr said he would like to learn to play hockey eventually, but like most of his friends, he prefers soccer.

"It's just for fun," he said.

His younger brother, 10-year-old Mohamad Al Khodr, said he loves watching hockey because of how "fast and fun" the sport is, and is a new fan of the Calgary Flames and Hitmen hockey teams. He hopes to learn to play next year.

DeJordy said she wasn't expecting the group to be so committed to learning to skate, but they now are often the first on the ice and last off.

"In the last few weeks, there's been a (hockey) tournament right after us, so now I can't get them off the ice. Because now they're busy watching."

LAKE LOUISE

Avalanche risk is still high

Aaron Chatha
Metro | Calgary

Days after two snowshoers died in an avalanche north of Lake Louise, Avalanche Canada is warning skiers, snowshoers and climbers to remain off the mountains in the area.

According to a release on Sunday, avalanche risk is still very high in the Banff, Yoho and Kootenay areas, especially at the alpine and above-tree levels. The size of avalanches is expected to range from large to very large.

Officials at the Lake Louise Ski Resort are urging guests to stay within the resort boundaries.

"It's definitely not safe," said communications director Dan Markham. "Everything within our boundaries is controlled by us, from an avalanche perspective, so it's safe for skiing and snowshoeing. But venturing off the property or into the back country is clearly not being advised by those agencies (Parks and Avalanche Canada)."

Last week, two American snowshoers, a 32-year-old man and 32-year-old woman, were caught in an avalanche on the slopes of Mount Hector. The pair were reported missing on Tuesday, after failing to check out of their hotel. Crews flew over the area in a helicopter, picking up two avalanche transceiver signals.

Officials were finally able to search the area on Friday, after conducting avalanche control, and both the bodies were recovered.

Bridging the political divide

COMMUNICATION

Opening up to uncomfortable conversations key to dialogue

Autumn Fox
For Metro | Calgary

In a world where contrary political opinions can spur anything from a family dinner feud to a vitriolic Twitter war, one Calgary group is hoping to learn the value of bridging the political divide through a workshop designed to encourage respectful communication.

On Sunday, March 19, the Marching On! Social Action Group met at Hillhurst United Church to take part in the workshop led by the Very Rev. Bill Phipps and Willow Brocke, a Calgary psychotherapist.

No stranger to political discourse, Phipps, who ran as an NDP candidate against Stephen Harper in a 2002 Calgary by-election, said the group was originally formed by Brocke and the Rev. Sheena Trotter-Dennis after the Women's March in January, as a means to further engage Calgarians on issues of social justice.

Laura Hughes, left, and **Rev. Sheena Trotter-Dennis** of the Hillhurst United Church discuss how to have better political conversations with those of differing opinions at the Marching On! Social Action Group's communications workshop on Sunday. AUTUMN FOX / FOR METRO

Based on the current political climate, Brocke said learning to communicate more effectively is now more important than ever.

"If we keep lamenting about this divide that's happening without actually realizing what we personally are doing to make it worse, and what we can do to make it better, we're getting more and more into a dangerous situation, especially here in Alberta. But it's really hard to see another perspective without being informed of that perspective."

Brocke's presentation was based on the moral foundations theory, which found that left- and right-leaning citizens have certain core values that influence their political beliefs. Appealing to these values and reframing an opinion can help influence those whose views differ from your own.

"We may share those values, we just value them a bit differently," said Brocke. "It's easier to change a view than a value."

Brocke said part of the reason for conflict in political discourse is that people feel attached to their own sense of certainty, and when attacked, do not feel safe to question their own views or assumptions.

"People are avoiding the dialogue because it's so uncomfortable and to me, that's what democracy is based on, is civil dialogue. So, how can we do that well without getting so emotional?"

Currently, there are no plans to host more workshops, but Trotter-Dennis said depending on the interest, the grassroots approach of combining actual communications skills with social justice could be beneficial to others in the community.

"We shall see where it leads us," said Trotter-Dennis.

Calgary DIGEST

LEADERSHIP CONVENTION

Former PC insider charged with assault

Former Kenney campaign organizer Alan Hallman was charged with common assault at the leadership convention on Saturday.

A statement on behalf of Hallman said he regrets any inconvenience or upset that resulted from the incident. Hallman was recently suspended from the party for one year after posting inappropriate messages on his Twitter account that breached its leadership code of conduct. METRO

CENTRAL LIBRARY

Chance to sign the beam

The New Central Library will be getting its final structural beam installed on Tuesday.

Members of the public are invited to drop by between 10 a.m. and 2 p.m. to sign their name on the beam or paint, draw, or write their favourite lyrics, sonnets, poems or inspirational messages.

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Far right protests anti-racist motion

TOLERANCE

Trade insults with counter-protesters

Brodie Thomas
Metro | Calgary

Members of Alberta's far right held a protest against Motion M-103 outside city hall Sunday.

The group of mostly white men, some with their faces covered, held signs against motion M-103 and cheered speeches about the need to do more for average Canadians. The group traded insults with counter-protesters, who were calling out allegedly racist statements.

Stephen Garvey, who is running for MP in Calgary Heritage under the banner of the National Advancement Party of Canada, led the protest.

He said M-103 was his main concern. That motion would condemn Islamophobia in Canada and request a study on how racism and religious discrimination could be reduced, as well as collect data on hate crimes.

"It's in a trajectory in erosion of freedom," Garvey said. Also speaking was David Troute, who described himself as a Calgarian who comes from "one of the oldest families in Alberta." Troute is the founder of the Guardians of Alberta, a group of about 50 people who are self-described as pro-Canadian.

"That means we respect our values, our traditions and we want everyone else who comes here to respect our values and traditions — our laws," he said.

Aaron Doncaster was one of the counter-protesters trading barbs with the group.

"We came down to say their misinformation and their fear mongering is not welcome."

Members of the Guardians of Alberta stand outside Calgary City Hall on March 19 during a protest against Motion M-103. BRODIE THOMAS/METRO

Psychic Kristyne Dahl recently got the chance to talk to ghosts at Calgary's famed Rose and Crown. AARON CHATHA/METRO

PARANORMAL

Rum and ghost at the Rose and Crown

Aaron Chatha
Metro | Calgary

Normally minors aren't allowed in the Rose and Crown Pub, but when you're talking to a decades-old ghost girl, we're pretty sure you can't just ask for ID.

Calgary psychic Kristyne Dahl just held her first ghost hunt at the local pub, originally a funeral home built in the 1920s. It was converted into a bar in 1986, but with only the minimal amount of renovations. In fact, parts of the third floor still have the original wallpaper and artifacts from the first owners.

> **Whenever I'm there, there's a lot of extra dead people.**
> Kristyne Dahl

That's where Dahl held her ghost hunt. And no, we're not talking about that boy you had a really great date with who 'ghosted' and never called you back.

These are people who said goodbye to their loved ones in the space, and were imprinted to the locations.

"There's a lot of spiritual activity there," she said. "Whenever I'm there, there's a lot of extra dead people. Everywhere you go, there's dead people, but when you come to a building like that, where there's a lot of history, there's extra dead people — so to speak."

Dahl said many of the ghosts and spirits are not dangerous (they're not going to follow you home or anything), but they're willing to share their stories.

Also, a lot of the ghosts are really young.

"There's a lot of dead kids," Dahl explained. "Every time I go there, I seem to be bombarded by the kids, so I'm really interested in hearing more of their stories."

According to her experience, it's actually kind of uplifting to commune with a ghost. They feel cool as people get physical sensations through their body, but can also be felt emotionally.

Her ghost hunt works much like a short class. It's not a group of people holding hands or anything from the movies. Dahl teaches them how to feel the spirits presence, and even capture them on camera.

With her first ghost hunt spirited away, Dahl plans on holding more — in different haunted locations — in the future.

Man comes out for third time

THEATRE

The Coming Out Monologues, YYC are back on March 22

Elizabeth Cameron
For Metro | Calgary

On Wednesday, Bryan Sandberg will grace the stage at John Dutton Theatre for this third Coming Out Monologues, YYC performance.

"(The monologue is) a letter to my 15-year-old self, basically thanking him for everything he went through to allow me to exist," Sandberg said.

He's not exaggerating.

The event, now in its eighth year, was created to give LGBTQ individuals an opportunity to share their stories with an audience through artistic performance.

"Our motto is, 'if you've got a story, we've got a stage,'" said Nolan Hill, operations manager for the Coming Out Monologues, YYC.

"Coming out can be a challenging process for a number of people, but a lot of the stories come back to resiliency," he said.

Resilient is a good word to describe Sandberg, who said sharing his story through monologues has been an important part of his healing process.

Sandberg grew up in the Philippines and knew he was gay by his 11th birthday, but kept it a secret for years.

"I knew what was coming for me if I came out," he said.

His parents, Pentecostal missionaries, had always been clear: homosexuality is a sin, and sinners go to hell for eternity.

The homophobic narrative in his home, community and church was so strong that Sandberg became convinced it would be better to die rather than be gay and alive.

"I was convinced I was so evil, because I was gay, that it would be better for me to kill myself so I didn't have to put that on society — that was the level of homophobia in my community," he said.

He thought often of suicide, to the point that it was inevitable unless he found a way to escape.

"I had to get out of that house so I wouldn't hurt myself," he said.

At 15, he told his parents the truth. Predictably, their reaction wasn't good.

"I felt like if my parents could have returned me to the kid store and exchanged me for a straight kid, they would have," Sandberg said.

He held onto a small glimmer of hope that things would change — which they did — after he came to Canada for university.

"I knew that if I just held on, there was a life that would be waiting for me that would be worth not dying for," he said.

Sandberg said he walks away grateful every time he watches a fellow performer deliver a monologue.

"People don't hear enough narratives about the LGBTQ community ... We're real people who move, breathe, and live inside of this world, and this is what's happening to us, and we want to share that with you," he said.

"
I felt like if my parents could have returned me to the kid store and exchanged me for a straight kid, they would have.
Bryan Sandberg

Bryan Sandberg will be performing at his third Coming Out Monologues YYC event on March 22.
ELIZABETH CAMERON/FOR METRO

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Shima Safwat, founder and CEO of One Nation Foundation, encourages non-Muslims to ask questions about her faith.
ELIZABETH CAMERON/FOR METRO

Anti-Islam graffiti 'un-Calgarian'

COMMUNITY

Third incident comes days before mosque open house

Elizabeth Cameron
For Metro | Calgary

A burned Qur'an. A smashed glass door.

This weekend, it was anti-Islam graffiti that showed up on a playground near a Ranchlands Mosque, days before the Muslim Association of Canada's Calgary Chapter hosted an open house for their non-Muslim neighbours.

It's the third incident in Calgary within the past year that appears to target Muslims.

"Everyone feels it's very un-Calgarian," said Shima Safwat, founder and CEO of One Nation Foundation, which aims to connect Muslims and non-Muslims through events and activities.

The Al-Salam Centre in northwest Calgary organized Sunday's open house to give non-Muslims a chance to ask frank and honest questions about Islam — something Safwat said needs to happen more often.

"Muslims are your friends and neighbours, they want to have a good relationship with the community," she said.

"Sometimes I feel there are so many barriers between Muslims and non-Muslims because we are not connected that much, and people are afraid to ask about our religion."

As a Muslim woman, Hana Kadri said she invites questions about her faith. The most common query she gets is about the hijab or niqab.

"Women choose whatever is comfortable for them, it really comes down to personal choice," she explained, cloaked in a niqab covering everything but her eyes.

"I wear the niqab because I wanted to do more (to follow the prophet)," she said. "Some women feel it's enough to wear the hijab."

After wearing a hijab for many years, Kadri said she "didn't think twice" about how non-Muslim Canadians would react when she decided to up her modesty game and don a niqab.

"It shows who I am — it's not like I shy away from being Muslim," Kadri said, laughing.

"Obviously if you're wearing something in public, you want to be known."

Kadri said it's a matter of pride for Muslim women, including herself.

"(The women are) doing it out of their own choice — give them the respect that they're doing it because they understand it and they want to do it. Why label them as oppressed?" she said.

EXHIBITION

Enormous craft fair 'Make It' returning

Aaron Chatha
Metro | Calgary

Calgary's going to make it after all — the Make It craft fair is returning to Calgary after a five-year hiatus.

Make It has been a regular feature in Vancouver and Edmonton for the past nine years, but the organizers couldn't keep it going in Calgary due to a lack of space for it. The Make It fair usually has a few hundred vendors from around the country, including a solid chunk of local content.

Thanks to an opening at the Big Four building and an explosion of maker culture in Calgary, Make It is putting on a large-scale show in April.

But what is Make It? In short – everything homemade. Founder Jenna Herbut said it includes clothing, jewellery, home decor, food, baby items, art – all made by the type of people who aren't strangers to duel-wielding hot glue guns or drawers of organized fabrics.

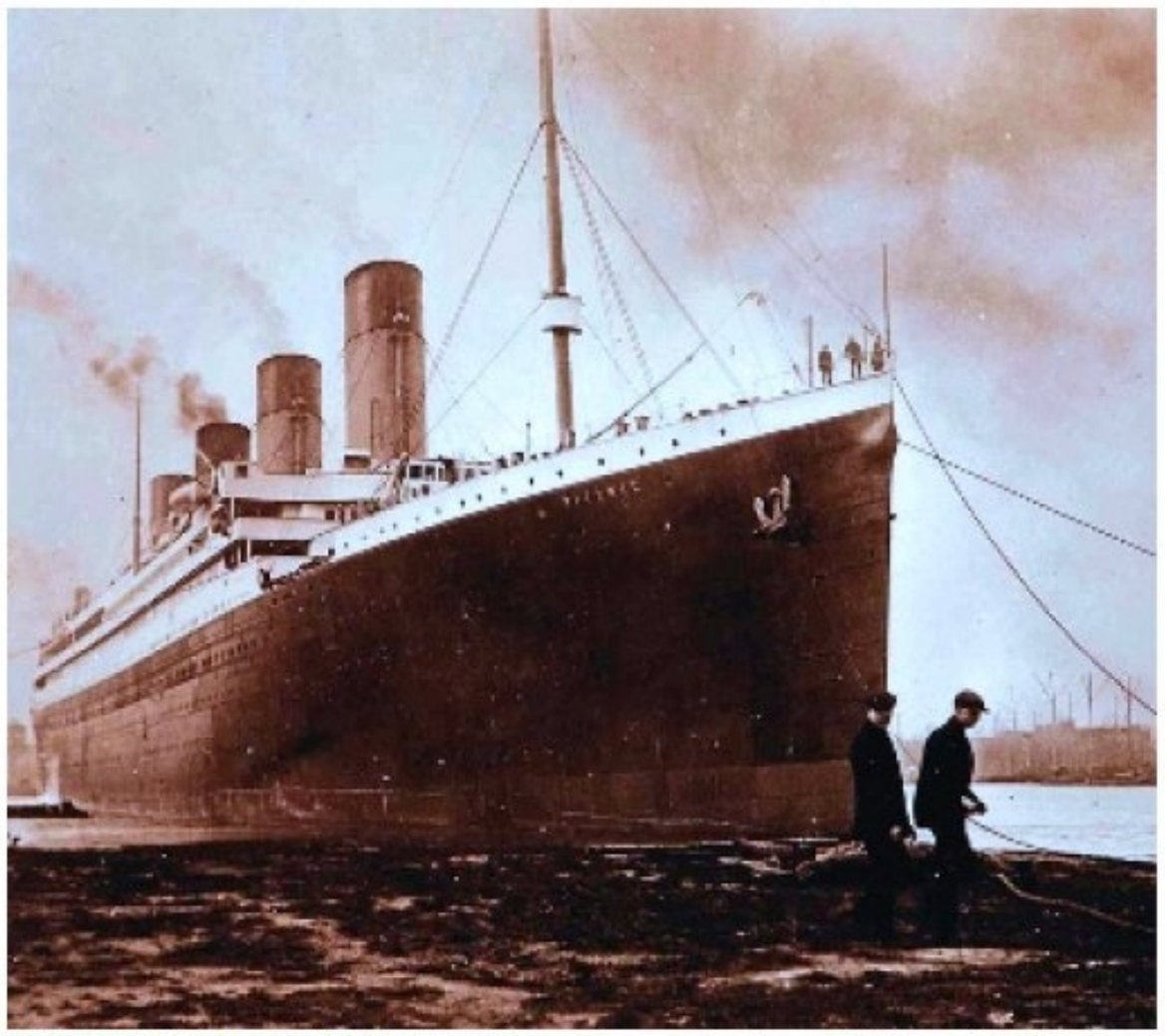
"It's a very rewarding feeling for makers, that satisfaction of completing something and having something tangible," said Herbut.

The show grew out of Herbut's own love for making. Just after university, Herbut launched Booty Beltz — a stylish scarf belt she made herself.

That eventually led to the first Make It event in Edmonton with 21 booths, which has now grown to about 275 booths. She gives credit to Internet marketplaces, like Etsy and other online communities, which have given makers an easy place to sell and connect.

Makerspaces in Calgary, where people pay a small membership fee to use expensive equipment and collaborate (like Protospace or Archeloft), have grown monumentally in popularity.

Make It runs from April 7 to 9 at the Big Four building in Calgary. For more information, visit www.makeitshow.ca.



RESEARCH TRAVELLING TO THE TITANIC Researchers are planning what they say is the first manned submersible expedition to the Titanic since 2005. OceanGate Expeditions recently announced that the seven-week research mission will depart from Newfoundland, Canada, in May 2018. The experts say the goal of the mission is to assess the condition of the wreck and document — but not collect — artifacts at the protected site. The doomed British luxury liner sank on April 15, 1912, after striking an iceberg on its maiden voyage from Southampton, England, to New York City, killing more than 1,500 people. The Titanic is seen in Belfast in a family album. THE ASSOCIATED PRESS

Tax agency's 'more aggressive' approach

CRIME

Panama Papers fuelled new investigations and regulations

For the Canada Revenue Agency, the Panama Papers was a line in the sand.

Unlike previous leaks, tax cheats named in the massive database won't be offered amnesty; instead, they're more likely to end up doing hard time.

"This is a more aggressive CRA," said assistant commissioner Ted Gallivan.

Tax fraudsters identified in the Panama Papers will not be allowed to clear their name by declaring their hidden assets and paying back taxes and interest, a process called voluntary disclosure.

"(The Panama Papers) allows us to showcase how the CRA has changed," Gallivan said. "There's a bit of a paradigm shift for us: no voluntary disclosures and a lot more criminal investigations."

"It sends the message that it's not just tax evasion, it's not just white collar crime, it's a serious criminal offence and it comes with serious criminal consequences," said Gallivan.

Internationally, Canada has long been considered lax on white collar crime, with few prosecutions and prison sentences measured in months, not years.

But after the Panama Papers were made public last April, the new Liberal government quickly announced a nearly $500-million investment in the CRA to bolster tax enforcement.

Early results reflect an ongoing reorientation toward fewer high-value tax cheats and a focus on multinational corporations.

The number of criminal convictions for tax evasion has dropped dramatically from 137 in 2011-12 to only 17 so far in 2016-17, yet the criminal fines imposed have almost tripled from an average of about $46,000 to over $123,000 for each offender.

Sentences are up, too, from an average of 18 months in 2011-12 to 26.5 months this year, according to numbers provided by the CRA. Additional tax collected by CRA audits has increased almost 45 per cent over the last six years from $8.7 billion in 2011-12 to $12.6 billion in 2015-16. More and more of these audits target large and multinational corporations, producing tax assessments that have more than doubled in the last three years from $6.1 billion in 2013-14 to a projected $13 billion this year.

In order to move more quickly from investigation to prosecution, in the last year 230 people have been added to the compliance department and lawyers are now being embedded in investigating teams.

The Panama Papers even spawned a new branch of the CRA, known as International, Large Business and Criminal Investigations, which operates under Gallivan's personal watch. This branch will be taking on the most complex, big-ticket cases that often have an offshore component and involve sophisticated tax professionals, the enablers of tax evasion. TORSTAR NEWS SERVICE

Budget week kicks off amid uncertain economic climate

The Trudeau government will chart the next segment of its mandate this week in what's expected to be a modest budget — but the omnipresent economic unknowns in the U.S. could eventually force Ottawa from a steady-as-she-goes course.

For now, the stronger U.S. economy is benefiting Canada. Finance Minister Bill Morneau will present the country's budget Wednesday amid a brightening outlook, thanks in large part to the United States.

In recent months, healthier Canadian numbers — from trade, to labour, to housing — have encouraged forecasters to raise their projections for economic growth.

Some believe these improvements will put Ottawa on a path to smaller annual deficits than the government had predicted last fall. After a surprisingly robust finish to 2016, Ottawa's anticipated $25.1-billion shortfall for 2016-17 is widely expected to come in less than projected.

In normal times, the modest momentum would provide a dose of optimism for a government drawing up its budget.

But Canada's current economic climate is far from typical.

The November election win for U.S. President Donald Trump has led to significant uncertainty in what is by far Canada's top trading partner.

Even with the recent economic improvements, there are widespread concerns in Canada about U.S. proposals, including discussion about major changes to trade and tax policies.

Many warn the changes could have severe economic consequences on this side of the border. For now, with so many unknowns, sources have said Ottawa has no plans to take steps in the budget to directly address the Trump-related economic fears. It remains to be seen whether Ottawa will have the flexibility to respond to any changes implemented in the U.S. over the course of the year. THE CANADIAN PRESS

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FAMINE CANADA PLEDGES $120M TO HELP AVERT DISASTER Women and men carrying away earth on March 8. They were digging to build a dam so that if rains come, the water can be stored near Bandar Beyla in Somalia's semi-autonomous northeastern state of Puntland. Canada will provide almost $120 million to help avert the prospect of starvation for 20 million people in Nigeria, South Sudan, Somalia and Yemen. The pledge comes in response to a United Nations warning earlier this month that the desperate situation in the four countries represents the "largest humanitarian crisis" the world has faced since the end of the Second World War. The UN has said $4.4 billion in humanitarian aid is needed by July to avert disaster. THE ASSOCIATED PRESS

Site takes a risk to resist Trump

POLITICS

Move reflects willingness of tech firms to push back

Meetup is taking a leap into the Trump resistance.

The New York-based networking site will unveil plans in the coming days to partner with a labour group — under the guidance of a former Hillary Clinton aide — to co-ordinate protests among more than 120,000 activists already involved with anti-Trump Meetup groups.

It's a risky move for a tech company that has helped millions come together to share interests of all kinds, from hiking to languages to President Donald Trump himself. But it reflects an increasing willingness of some major technology firms to push back against the Republican president.

Meetup CEO Scott Heiferman said that the new arrangement, to be known only as #Resist, gives the loosely organized protest movement the infrastructure needed to execute large responses to the new president's policies.

"It's one thing for a CEO to say, 'I'm going to stand up against a politician,"' Heiferman said. "It's even further for the company itself to mobilize people."

> **When a certain line is crossed, we have a civic duty not to be quiet.**
> Scott Heiferman

For Heiferman and other tech leaders, Trump's push to block immigration from several Muslim-majority countries marked a tipping point.

"When a certain line is crossed," he said, "we have a civic duty not to be quiet."

The White House did not respond to a request Friday for comment about Meetup's plans.

About 40 technology companies met privately this month in New York City to brainstorm ways to push back against Trump policies on immigration, transgender protections, women's health and arts funding, as well as more traditional technology issues like net neutrality and encryption.

Kickstarter and Meetup were also among 58 technology companies that signed a friend-of-the-court brief on Tuesday charging that the White House's revised immigration plan would harm their employees and customers.

Airbnb, Apple, Twitter and Yelp filed a court brief late last month to protest the Trump administration's decision to rescind guidance that instructed schools to allow transgender students to use bathrooms that match their gender identity.

The car service Lyft recently pledged $1 million to the American Civil Liberties Union.

THE ASSOCIATED PRESS

Global digest

Government should apologize to Omar Khadr, lawyer says

As the Canadian government offers an apology and millions in compensation for Ottawa's role in the detention and torture of three Canadians held in Syria and Egypt, federal lawyers appear to be digging in for a long fight against former Guantanamo Bay detainee Omar Khadr, who was 15 years old and grievously injured when he was captured in 2002.

Lawyers for Khadr, now 30, have been fighting the government since 2004 regarding abuses they say occurred to the captive under the Liberal and Conservative administrations.

The crux of the $20-million suit is Canada's unwillingness to recognize that according to international law, Khadr should have been treated as a child soldier during his incarceration.

Most damning is the allegation that Ottawa not only failed to protect Khadr as a passive bystander during the abuse of the teenage prisoner, but co-operated with the U.S. in violation of Canadian constitutional and international laws protecting the rights of minors.

TORSTAR NEWS SERVICE

Uber president resigns

Jeff Jones, the president of the embattled ride-hailing company Uber, has steppe down just six months after taking the job.

Uber on Sunday confirmed Jones' resignation and in a brief statement wished him the best.

Jones' departure comes days after Uber CEO Travis Kalanick said the company will hire a chief operating officer who can help write its ``next chapter.''

The San Francisco-based firm has been hit by several controversies, including allegations that it routinely ignores sexual harassment. A recent video showed Kalanick profanely berating a driver who confronted him about steep cuts in Uber's rates.

Uber also acknowledged it has used a program to thwart authorities who have been trying to curtail or shut down its service in cities around the world.

Jones had left Target, where he was chief marketing officer, to join Uber in September.

THE ASSOCIATED PRESS

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Simple tips to safeguard your email

YAHOO HACK

Make yourself less of a target with this advice from an expert

Many people are still not taking routine precautions to safeguard their email accounts — and hackers are exploiting that.

According to U.S. officials who filed charges in a massive Yahoo break-in, Russian hackers didn't have to work very hard to break into people's email accounts, even those belonging to government officials or powerful executives.

There are a few simple ways to help safeguard your email account from hackers.

DON'T REUSE PASSWORDS

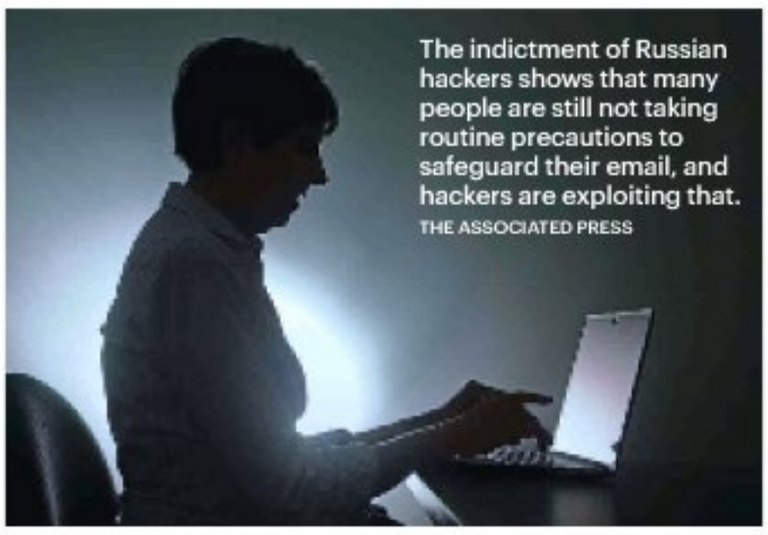
Many online break-ins result when people have reused a password across, say, their email, social and financial accounts. If it's compromised at any one of those services, the others are suddenly vulnerable.

One simple way to avoid this problem is to start with a base password you can remember, and then add on letters and numbers that reference where you're using it.

STRONGER PASSWORD

You can make things harder for attackers by making your base password stronger. The more complicated and lengthy a password is, the harder it will be for hackers to guess.

Don't include your kids' names, birthdays or references to any other personal details.



The indictment of Russian hackers shows that many people are still not taking routine precautions to safeguard their email, and hackers are exploiting that.
THE ASSOCIATED PRESS

Hackers routinely search Facebook and Twitter for clues to passwords like these. Obvious and default passwords such as "Password123" are also bad, as are words commonly found in dictionaries, as these are used in programs hackers have to automate guesses.

HAVE YOUR PASSWORDS MANAGED FOR YOU

Of course, you can make things easier on yourself by using a password-manager service such as LastPass or Dashlane, which keep track of multiple complex passwords for you. Some web browsers such as Apple's Safari and Google's Chrome also have built-in password managers; these work if you switch devices, but not if you switch browsers.

"It's more secure and it makes your life easier," said Jamie Winterton, director of strategy at the Global Security Initiative at Arizona State University.

MULTIFACTOR AUTHENTICATION IS A MUST

The next line of defence is two- or multifactor authentication, which asks users to enter a second form of identification, such as a code texted to their phone, when they log in. That way, even if hackers manage to get your password they still need your phone with the texted code.

KEYWORDS MATTER

According to the indictment, the Russian hackers searched email accounts for keywords like "passwords" to find people's passwords for other accounts. They also searched for "credit card" "visa," among other terms. So think twice before you use common key words that can serve as a road map to sensitive information for hackers. And don't save passwords in old emails.

"There's not one single thing out there that can keep you perfectly safe," Winterton said.
THE ASSOCIATED PRESS

IMMIGRATION

EU citizens in U.K. anxiously seek security before Brexit

Sam Schwarzkopf, a German neuroscientist at University College London, was startled to receive a letter from the British government telling him that his application for permanent residence had been rejected and he should prepare to leave the U.K.

As a European Union citizen, he is legally entitled to live in Britain, and last year's decision by U.K. voters to leave the 28-nation bloc hasn't changed that. But he is one of hundreds of thousands of Europeans battling British bureaucracy to confirm their legal status.

Schwarzkopf, who has lived in the U.K. since 1999 and is married to a Briton, thought his application for a permanent resident card "would be a formality."

Schwarzkopf was trying to obtain a small blue card emblazoned with the logo of Britain's Home Office and the words "U.K. residence documentation" for European nationals.

85 pages

The form applicants have to fill out to get the previously obscure residence cards as proof of their legal status.

Before last year's EU membership referendum, most people didn't even know the cards existed. Residents of EU nations can live and work across the bloc — no special visas or paperwork are needed for Europeans living in Britain.

That will change once Britain leaves the EU, after a two-year divorce process due to begin by March 31. But no one is sure exactly how.

That leaves Europeans in Britain anxious, and gives the previously obscure residence cards new value as proof of immigrants' legal status.

The number of residence cards issued by the British government shot up sevenfold between the final quarter of 2015 and the same period in 2016. There were 240,000 applications in all of 2016 — a number that has stressed the civil service, which at the end of 2016 was working through 90,000 unprocessed applications. More than a quarter of applicants are rejected, sometimes because of simple mistakes in filling out the form.
THE ASSOCIATED PRESS

150 WAYS of looking at Canada

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metro VIEWS
Your essential daily news
Monday, March 20, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How do I tell my coworker her chatter and YouTube videos are wasting my time — without sounding like a grump?

Ani Castillo

Dear Ellen,

I've noticed a coworker spends most of her day doing personal things — YouTube, Facebook, looking at home improvement supplies, chatting with work friends or making personal calls. She also talks to me and sends me emails about her interests, which is distracting. I resent it since she doesn't seem to value my time, and even more so because I know she is paid much more than me. My other colleagues tease me for not caring to look at baby photos or hear pet stories. How can I bring this up without seeming like a complete curmudgeon?

V. Busy

Dear V.,

There are two issues here.

The first issue is taking control of a problem of your own making. I spent years before I finally diagnosed this in myself, and I now see it everywhere around me (i.e., the corner we paint ourselves into when we want something, but don't want to be seen as wanting something).

If you want something, you have to ask for it. Somehow a very bad idea has arisen in some quarters of "polite" society that it's rude to pipe up and "self-ishly" ask for better treatment instead of just sucking it up like a gentleman, or martyr, or whatever gloss your own particular culture puts on this walk-all-over-me-whilst-I-seethe-self-righteously approach. But resenting people because they can't read your mind and don't subliminally discern your needs is a mug's game.

Resenting people because they can't read your mind is a mug's game.

In fact, it's more polite, and respectful, to give the other side a chance to behave better by clearly stating your request. In your case, you have every right to ask your colleague to please stop interrupting you with non-job-related comments, Internet artifacts, or family photos so you can fully concentrate on getting your own work done.

Which brings us to the second issue: accepting that you have no control over the outcome of your polite request.

It's possible your time-wasting, Internet-addicted, over-compensated colleague will blush with shame when you point our her lack of professionalism, and immediately, quietly adopt your own admirable work ethic. But by the sounds of it, it's more likely she and the rest of your coworkers will indeed write you off as a "complete curmudgeon."

So be it. We curmudgeons are totally underrated. Carry on, maybe buy some noise-cancelling headphones, and wear the badge proudly.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Nails, hair and table settings: the new and improved Women Studies

Teachers are everyday heroes. I am glad one Canadian teacher was just rewarded with a $1-million prize and global praise for her work in a remote Inuit school. But there are yet more heroes whose work needs to be acknowledged, including a teacher in Clyde, Alta., who has launched a Women Studies class to help young girls navigate the teen years.

At first, I thought it would offer the things I most needed as an awkward teen, like how to make medieval armour and influence people. But this isn't your standard women's studies class about deconstructing power and oppression (bor-ing).

Instead, the course teaches girls in Grades 6 to 9 how "self-improvement techniques," like choosing flattering hair styles and wardrobes, can "enhance their natural beauty and express confidence without over-shadowing who they are," according to the school's newsletter.

The course is part of the school's career and technology foundation program, naturally.

Learning the best hairstyles to frame your face is a female survival skill; it prevents one from crying at a hair salon, which is a sign of weakness that the salon will pounce on to sell you expensive high-end products.

And after all, how is a girl supposed to Lean In with bangs that cloud her vision?

These skills should be part of a full complement of courses to enhance a girl's education. In fact, more schools should offer them. Here's an idea: "Microeconomics and the art of spotting a marriageable high net worth individual." Of course, business acumen is not just about the numbers, but also the soft skills, which would require a class like "Language Arts: how to deflect praise away from yourself."

And in all honesty, if we are going to teach high self-esteem to girls via online shopping best practices, we can't forget about the boys.

Like the novelist and feminist Chimamanda Adichie says: "Why do we teach girls to aspire to marriage, and we don't teach boys the same?" Where is their course on the mechanical engineering of a wedding bustle?

The afternoon the Clyde girls spend on nail care and application should be a prerequisite for a high school diploma for boys. And in my experience, more than a few boys could have used lessons in other elements of the course, like table settings, dinner party etiquette and polite conversation.

The latter may not seem like the most pressing thing over, say, math and geography, but hold your judgement until you find yourself at a house party talking to a 44-year-old man about all of his March Madness picks and the rationales behind them.

Would that he could instead speak intelligently on the challenges of being a female in today's world.

I believe the children are our future, and I want their dinner parties to sparkle.

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5 QUESTIONS ABOUT THE MEANING OF DRAKE'S MORE LIFE

Drake has finally delivered More Life, but he hasn't necessarily handed us all the answers. The Toronto rapper unleashed his latest 22-track studio project Saturday, giving fans plenty of material to chew on. It seems like More Life has let him explore styles beyond his usual boundaries. He seamlessly pivots from catchy afrobeats to house vibes. Here are five questions to ponder while reflecting on the deeper meaning of More Life. **THE CANADIAN PRESS**

1 How did he pick those samples?

Drake spares no expense in showcasing his eclectic taste for memorable songs. He digs into the record crates for Lionel Ritchie's All Night Long, and throws it on the outro of Blem, while fellow soul legends Earth Wind & Fire get their song Devotion worked into Glow. But more surprising is Drake's magnetism to underdogs such as **South African house DJ Black Coffee** (pictured), whose jazzy Superman is the backdrop for Get It Together. He even throws a total curveball with a sample of His World, the theme from the Sonic the Hedgehog video game, on the track KMT.

2 Will his love of home ever fade?

Hints of Canada are scattered throughout, including a subtle nod at the mac and cheese formerly known as Kraft Dinner ("Mama never used to cook much. Used to chef KD," on Free Smoke) and Toronto-area spots ("Used to be at SilverCity Indigo. Used to be in lunchroom playing dominoes," on Do Not Disturb. He leaves time for one of Canada's most popular tourist attractions, though it's not quite a shining endorsement ("We evolved, used to think vacation meant **Niagara Falls**" he raps on Can't Have Everything).

PHOTOS: TORSTAR NEWS SERVICE/INSTAGRAM/FACEBOOK

3 Where did JLo go?

An appearance by **Jennifer Lopez** seemed like one of the few certainties of More Life. The Latina songstress posted an Instagram photo cuddling Drake a few months ago, which fuelled rumours of a tryst in the studio. Within days, a clip of their presumed collaboration Get It Together leaked online. But Lopez is missing from the final version, with her part replaced by U.K. newcomer Jorja Smith. However, Lopez isn't entirely absent - Drake raps "I drunk text JLo. Old number so it bounce back" on Free Smoke.

4 Did mom's words strike chord?

Drake's mom **Sandi Graham** offers wise words on the final moments of Can't Have Everything. In what appears to be a voicemail clip, she suggests her son checks his emotions. "I'm a bit concerned about this negative tone I'm hearing in your voice these days," she says. "That attitude will just hold you back in this life." She ends with a slight paraphrase on Michelle Obama's 2016 Democratic National Convention quote: "When others go low, we go high."

5 Will he really settle down?

Drake seems to take his mom's advice to heart, suggesting on Do No Disturb that he'll slam the brakes on his whirlwind music career. On the final track he lays out his plan saying, "Take the summer off 'cause they tell me I need recovery. Maybe getting back to my regular life will humble me. I'll be back 2018 and get you the summary." Maybe that'll be enough time to settle into his new mansion in **Toronto's posh Bridle Path** neighbourhood and ring a few doorbells. *(An imagined rendering of Drake brooding in his mansion is pictured, by design firm Norm Li for Torstar).*

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While the prospect of home ownership is very exciting, taking on the that big a responsibility without a plan is silly. ISTOCK

Before buying, lay these foundations

ADVICE

Don't get caught up in the thrill of purchasing that first home

Gail Vaz-Oxlade
For Metro Canada

My girlfriend, Casey, and I were out driving around when she told me her son is thinking of buying a home. "I told him to call you," she said.

"Good," I replied. "Because there's a whole bunch of things to think about when you're getting ready for home ownership and I'm the girl to give it to him straight."

First up, do you know what kind of home you want: a condo, a townhouse, a semi-detached or a mansion? Will you live in the city, in suburbia, in the bush? How much will it cost?

Those are some of the basic questions you should answer as you move from dreaming about a home of your own to making it a goal. Making the picture concrete by nailing down the specifics will turn it from something ethereal to something you can actually work towards.

Next, calculate the carrying costs. Home ownership is nothing like renting, so if you figure you can afford a home because the mortgage payment is almost like rent, you're in for a shock. There are utility costs. There are taxes. There is insurance. And maintenance. . . the cost everyone likes to ignore. Don't guess-timate. Find out.

Then practise. If it'll cost you $1,850 a month to carry a home, that means you actually have to come up with $1,850 a month every single month. So live like you're spending that money while you're still renting. Take that $1,850 a month, subtract your current shelter costs and stick the difference in a savings account. You'll learn to live on the disposable income available once you own; the savings will get you to your down payment faster.

Save enough down payment. You should have a minimum of 20 per cent of the purchase price for a down payment. Don't whine. How committed are you to owning? Not having 20 per cent to put down immediately makes the home more expensive because you have to incorporate CMHC mortgage insurance fees. On a $600,000 house with only $60,000 down, the mortgage insurance would be 2.4 per cent of the value of your home or $12,960. Added into your mortgage, that mortgage insurance premium would end up costing you $21,519 if you amortized for 25 years at 4.5 per cent.

You should have a minimum 20 per cent of the purchase price for a down payment. Don't whine. How committed are you to owning?

Don't forget closing costs. There are legal fees and expenses, a home inspection fee (don't skimp), adjustment costs for things like pre-paid property taxes, an appraisal fee, land transfer tax, title insurance, an interest adjustment, a property survey (maybe), water quality inspection if you're living in a rural area and hook-up fees for setting up your new services. And don't forget taxes. Estimate 1.5 per cent of the purchase price for closing costs.

Budget for everything else. From window coverings to appliances, from a new bed to new broadloom, there are always ways to spend money on a home. If you have grass, you'll need a lawnmower. If you have a long driveway, you might need a snow blower.

While the prospect of home ownership is very exciting, taking on that big a responsibility without a plan is silly.

Don't get so caught up in the thrill that you fail to make a solid plan.

For more money advice, visit Gail's website at gailvazoxlade.com

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BEAST BLITZES THE BOX OFFICE

Live remake rakes in $170M

Disney's live-action Beauty was a beast at the box office, opening with an estimated $170 million in North American ticket sales and setting a new high mark for family movies.

Beauty and the Beast blew past the previous record-holder for G- or PG-rated releases, according to studio estimates Sunday. Last year, Disney's Finding Dory debuted with a then-PG-best $135 million.

Beauty and the Beast felled many other records, too. It's the year's top opening so far and a new best for March releases, and it ranks seventh all-time, not accounting for inflation.

The film, made for about $160 million, took in $180 million overseas, including $44.8 million in China, Disney said. THE ASSOCIATED PRESS

High-heels debate must be broadened: Experts

DRESS CODES

Stereotypes can permeate all industries, advocates say

In the U.K., the issue of female staff being forced to wear high heels has also been hotly debated. THE CANADIAN PRESS FILE

Servers clad in short skirts and stilettos could soon be a thing of the past, as British Columbia and Ontario take steps to ditch sexualized dress codes. But women in other industries can face unwritten expectations of lipstick and heels, say workplace equality experts.

Researchers and human rights lawyers say a broader discussion is needed of the pressures faced by women to spend more time and money on their looks than men. Gender stereotypes can permeate all kinds of workplaces, including when it comes to physical appearance.

"Women can be judged more harshly due to these pervasive stereotypes," said Julie Nugent, vice-president and centre leader at the Catalyst Research Centre for Corporate Practice, part of a multinational non-profit organization. "When you think about dress and physical appearance, women face higher standards in a lot of cases than men."

Nugent said women leaders are often subject to what's known as the "Goldilocks syndrome," where they're perceived as either too tough or too soft, but never "just right." This also affects expectations for how women dress, in which their looks are scrutinized more than men's, she said. "Sometimes that (focus on appearance) could even take away from a woman's abilities or her leadership style," she said. "That can be sort of white noise in the background."

B.C. Premier Christy Clark recently voiced support for a private member's bill that would have banned mandatory high heels in the workplace. But rather than pass the bill, her government is looking for the most "effective way" to make the fix, which could include changes to regulations.

The Ontario Human Rights Commission put forward a policy position last year making it clear that requiring female staff to wear high heels, low-cut tops or short skirts could violate the human rights code.

But in the U.K., the issue has also been debated in the context of professional workplaces. British lawmakers condemned sexist dress codes after Nicola Thorp complained that her employment agency required "regularly reapplied" make-up and shoes with at least a five-centimetre heel while she was working at a finance firm.

Renu Mandhane, chief commissioner of the Ontario Human Rights Commission, said the issue comes up most often in restaurants and bars.

"Often, when you're talking about offices and businesses, it's more about the implied expectation, rather than a formalized dress code," she said.

She said businesses can have a dress code as long as it's not discriminatory by imposing different or more onerous obligations on women. For example, it can't require that women wear skinny jeans and men wear straight-cut jeans — it should provide both options for both genders.

"If women want to wear skinny jeans, that's totally fine. It's about providing equivalent options so that they don't feel they have to wear something they may not feel comfortable with."

It's important to recognize that men in certain industries probably feel equivalent pressure to look credible for their roles, said Karen Craiggs-Milne, a gender and diversity consultant.

"But that gender division, where women are taking time to put on make-up and do their hair and spend an extra hour in the morning just to be ready for the role before they're even judged on the work itself, I think is part of a broader issue of discrimination that shows up in the workplace." THE CANADIAN PRESS

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WHY I LIKE MY JOB

Sandra Dewsberry, 55, occupational therapist, St. Joseph's Care Group, Thunder Bay.

I've been an occupational therapist for over 30 years. In high school, when I was starting to think about what I'm going to do with my career, I did two placements in the occupational therapy roles, and I realized it's what I really wanted to do. I ended up doing a 33-month degree at McMaster University in health sciences, with a specialization in occupational therapy.

Today, I work on the mental health side in the psychiatric hospital with long-term care residents, who are mostly seniors with cognitive issues like dementia. We try to take a non-pharmacological approach to healing and figure out what might be agitating or upsetting patients (as many can't vocalize their issues). I have upwards of 40 clients, and for each, working with a patient's doctors, personal support workers and families, we come up with a specific action plan based on clients' needs. Sometimes that includes scheduling visits with psychiatrists or even priests, or maybe encouraging them to exercise — little things we can do to help them improve their quality of life.

But it's a very varied career. Working in long-term care is only one small aspect of what I've done. Over the years, I've worked in the community going into people's homes and improving the quality of life there. And you can work across all ages — from newborns to 100-plus.

It's a new day, every day. I love working with people. I love working to improve their quality of life as they're coming to the end of it.

THE BASICS: Occupational therapist

$65,838

Median annual salary for an intermediate-level occupational therapist, though with more experience, OTs can expect to earn upwards of **$90,000**.

14%

Projected rate of job growth over the next **eight** years.

Data for this feature was provided by caot.ca, mcmaster.ca, ualberta.ca, payscale.com and onetonline.com.

HOW TO START

Today, occupational therapists are required to have a master's degree in the field, and complete a minimum of 1,000 hours of clinical work. Schools across the country, including the University of Toronto, Dalhousie, the University of Alberta and the University of British Columbia, offer programs. There, students learn theoretical practices of occupational therapy — how different factors in life, such as a person's immediate environment, work or even personal relationships, might influence their health — as well as do hands-on clinical placements, where they put their learning to use. After university, prospective therapists must take a certification exam by the Canadian Association of Occupational Therapists to be allowed to practice.

WHERE YOU CAN GO

Occupational therapists work with people of all ages with physical or mental health issues. As a result, there are opportunities to work in hospitals and private clinics across the country, as well as schools, long-term care facilities (like nursing homes), and in private homes. There are opportunities to work with governments in all major cities (to advise on areas like disability accessibility, health planning and rehab programs). Many businesses also work with occupational therapists to develop plans for safe and healthy work environments.

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TOP 150 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

10 essential Canadian films

MOVIES

Searching for a good movie, eh? Look no further...

Rhonda Riche

Canada has produced more than its share of celebrated actors and directors, but its movie industry lacks the box office power of Hollywood and Bollywood. But that's okay because, most importantly, Canadian films excel at telling Canadian stories. Here are 10 must-see movies from the True North.

1 Room (2015)
Based on the book by Anne Donoghue, this indie film swept the Canadian Screen Awards.

2 Jesus of Montreal (1989)
Director Denys Arcand's comedy about actors in a Passion Play was nominated for an Academy Award for Best Foreign Language Film.

3 Agnes of God (1985)
Set in a convent near Montreal, Norman Jewison's drama stands out for its Oscar-nominated turns by Anne Bancroft and Meg Tilly.

4 Goin' Down the Road (1970)
Don Shebib's low-budget movie tracks two young Maritimers who travel to Toronto in search of jobs. Its cultural legacy was underlined by the fact that it was parodied by SCTV.

5 Atanarjuat: The Fast Runner (2001)
The first feature film ever to be written, directed and acted entirely in the Inuktitut language, Zacharias Kunuk's visually stunning film is based on an age old Inuit tale. A 2015 poll named it the greatest Canadian film of all time.

Atanarjuat: The Fast Runner. TORSTAR FILE PHOTO

The 1970 cult classic Goin' Down The Road inspired a famous SCTV parody. TORSTAR FILE PHOTO

6 Le Confessional (1995)
Celebrated theatre director Robert Lepage made his big-screen debut with this mystery set between contemporary Quebec City and Alfred Hitchcock's 1952 film, I Confess.

7 Away From Her (2006)
Written and directed by Sarah Polley, this moving film is based on an Alice Monroe short story and stars Gordon Pinsent. It doesn't get much more Canadian than that.

2006's Away From Her. TORSTAR FILE PHOTO

8 The Sweet Hereafter (1997)
Atom Egoyan's critically acclaimed adaptation of Russel Banks's book, this stirring drama looks at the lives of a community caught up in grief after a school bus disaster. It won the Grand Prix at Cannes.

9 32 Short Films About Glenn Gould (1993)
François Girard's eclectic take on the music of pianist Glenn Gould also broke film convention by mixing live action with documentary footage to create the filmic equivalent of the variations on a theme that Gould was famous for.

10 Kanehsatake: 270 Years of Resistance (1993)
Through the National Film Board, Canada has produced many great documentaries. Alanis Obomsawin's movie covering the Oka Crisis still resonates in our current political climate.

CULT HITS

Quirky Canuck classics

Canadian films also have a reputation for being unconventional. Here are five far-out films that deserve your attention.

Goon (2011)
This flick about a hockey enforcer was directed by Michael Dowse and written by Jay Baruchel and Evan Goldberg.

Perfectly Normal (1990)
Robbie Coltrane and Michael Riley star as a hockey-loving factory worker and an opera aficionado slash grifter.

Hard Core Logo (1996)
Bruce McDonald's mockumentary about a legendary punk band's reunion stars real-life Canadian musicians, such as Hugh Dillon, and punk hero Joey Ramone.

Hard Core Logo. TORSTAR FILE PHOTO

The Saddest Music in the World (2003)
Winnipeg's Guy Maddin directed this story about a Winnipeg brewery owner (played by Isabella Rossellini) and her contest to discover which country's music is the saddest.

The Big Snit (1985)
In the mid-'80s, when the world was pretty much convinced that nuclear destruction was right around the corner, Richard Condie's animated short made us laugh and think.

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metro SPORTS

Blue Jays centre-fielder Kevin Pillar went 0-for-7 attempting to reach base exclusively on bunts in a pair of minor-league exhibition games Sunday

WAGING WAR WITH THE KINGS Kevin Gravel, left, of the Kings and the Flames' Troy Brouwer battle for the puck at Scotiabank Saddledome on Sunday night. Go to **metroNEWS**.ca for the story. LARRY MACDOUGAL/THE CANADIAN PRESS

FLAMES

Parsons, Lomberg signed to contracts

The Calgary Flames signed goaltender Tyler Parsons and forward Ryan Lomberg to entry-level contracts on Sunday.

Parsons' deal is for three years while Lomberg's is a two-year, two-way contract that begins next season.

Calgary selected Parsons in the second round (54th overall) of the 2016 draft. The Chesterfield, Mich., native, in his third full season with the Ontario Hockey League's London Knights, has a 21-6-3 record with four shutouts, a 2.36 goals-against average and a .924 save percentage in 32 games this year.

The 19-year-old Parsons won the Memorial Cup with London last season and also played for the gold medal-winning United States team at the world juniors in January.

Lomberg, a 22-year-old native of Richmond Hill, Ont., has played for Calgary's AHL and ECHL affiliates over the last two seasons after signing with Stockton as a free agent in September 2015. THE CANADIAN PRESS

Hat trick crowns Sid as top goal scorer

NHL

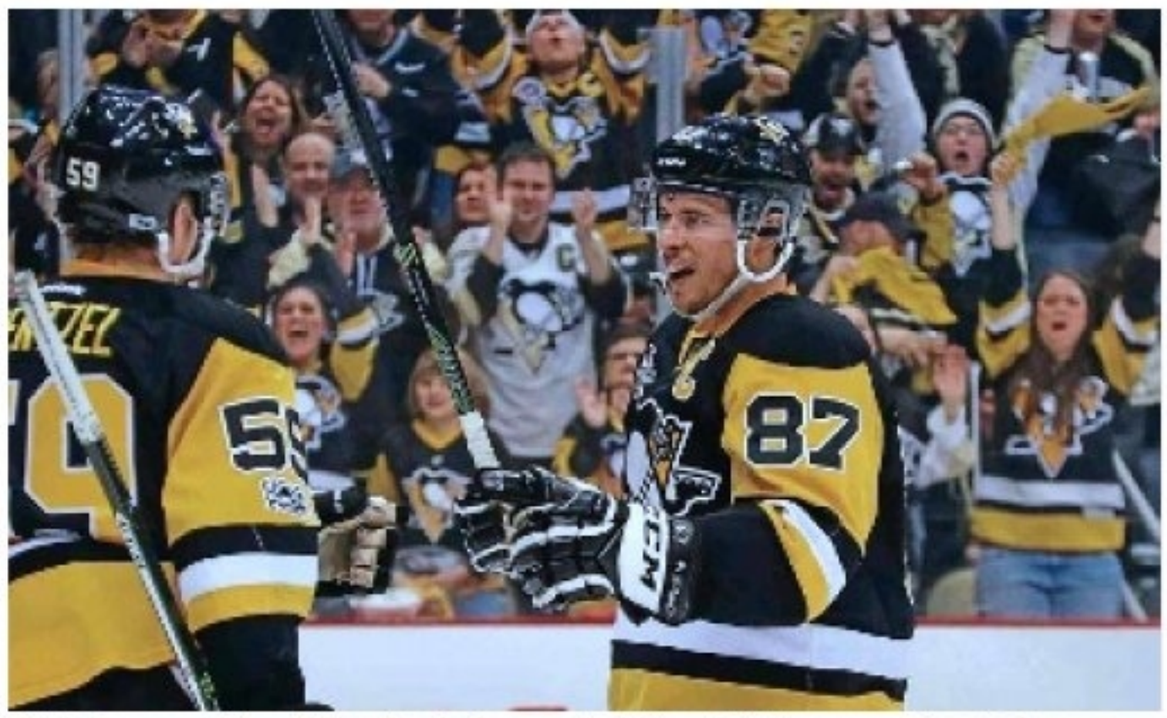
Crosby ups total to 40, Penguins shut out Panthers

A moment of reconciliation more than 15 years in the making allowed the Pittsburgh Penguins to pay tribute to an important part of their past.

Then Sidney Crosby and the precocious kids who play alongside him provided a thrilling reminder of just how good the defending Stanley Cup champions have it in the present. And most likely the future.

The captain poured in a natural hat trick during a 10:45 span between the second and third periods — all three assists coming from linemates Conor Sheary and Jake Guentzel — as the Penguins pulled away for a 4-0 victory over the Florida Panthers on Sunday.

The Penguins aired a video in the first period to salute Florida star Jaromir Jagr on the day he became the fourth player in NHL history to skate in 1,700 games. Jagr even received a standing ovation from the sellout crowd, a rarity in a place where he spent the first 806 games of his career while helping the Penguins to consecutive Stanley Cups in 1991 and 1992 as a free-wheeling, fabulously mulleted 20-something



This is the second time Sidney Crosby has reached 40 goals in his career. He posted a career-high 51 in 2009-10. GENE J. PUSKAR/THE ASSOCIATED PRESS

SUNDAY In Pittsburgh

4	0
PENGUINS	PANTHERS

who remains the second-leading scorer in franchise history behind mentor Mario Lemieux.

At least for now. Crosby inched closer after his 10th career hat trick gave him 1,018 points in his career. He almost certainly won't pass Jagr's 1,079 with the Penguins until next season, though it's hardly something Crosby is keeping tabs on. Keeping the Metropolitan Division lead within arm's reach is more than enough for now, particularly with Evgeni Malkin out while dealing with an upper-body injury.

"We know the situation we're in," Crosby said. "We know there's a few teams fighting for that No. 1 spot. We'll see what happens but I think we're trying to give ourselves a chance down the stretch with the situation we're in."

Malkin missed his second straight game on Sunday. The Penguins haven't missed a beat thanks in part to the game's best player. Crosby has poured in five goals during Malkin's absence to move into the NHL lead with 40. His 80 points are tied with Edmonton's Connor McDavid for tops in the league.

Patric Hornqvist added his 18th for Pittsburgh and Marc-Andre Fleury stopped 21 shots for his 44th career shutout. THE ASSOCIATED PRESS

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MARCH MADNESS

Oregon rallies to sink Rhode Island

With Oregon's season on the brink of an early NCAA Tournament exit, Tyler Dorsey and Canada's Dillon Brooks delivered as they have so many times this season in crunch time.

Dorsey hit a contested go-ahead three-pointer from the top of the arc with 38.4 seconds to play, then E.C. Matthews air-balled a long three in the waning moments trying to force overtime, and third-seeded Oregon rallied in the second half to beat upstart No. 11 Rhode Island 75-72 on Sunday in the Midwest Region to reach the Sweet 16.

Dorsey also tied the game with a three with 1:45 remaining on the way to 27 points before Brooks, of Mississauga, Ont., took a charge on the other end for Oregon (31-5).

Brooks also found his shooting stroke as he typically does and scored 19 points despite a 7-for-20 shooting day. Dorsey made nine of 10 shots with four three-pointers.

Dylan Ennis, of Brampton, Ont., added seven points for the Ducks.

Villanova, the overall No. 1 seed in the tournament, wasn't quite as lucky as Oregon. The defending champions bowed out on Saturday after losing 65-62 to eighth-seeded Wisconsin in the East Region.

THE ASSOCIATED PRESS

Oregon's Dillon Brooks poured in 19 points on Sunday.
THE ASSOCIATED PRESS

Striking responses

PREMIER LEAGUE

With big-name scorers M.I.A., United, Spurs still hold pace

With their key central forwards absent, there were concerns that Manchester United and Tottenham could stumble in their pushes for Champions League qualification from the English Premier League.

No need to worry.

United defied the absence of the suspended Zlatan Ibrahimovic — and fatigue because of its hectic fixture schedule — to beat relegation-threatened Middlesbrough 3-1 away in a match that ended with player bust-ups on and off the field.

Tottenham has lost top scorer Harry Kane for up to five weeks because of injury and the team's attacking midfielders stepped up to fill the void, with Christian Eriksen and Dele Alli scoring in a 2-1 win over Southampton. It was Spurs' 10th straight victory at home in the league.

With Manchester City and Liverpool drawing 1-1 in an end-to-end game of numerous chances at Etihad Stadium, the race to finish in the top four behind likely champion Chelsea is too close to call.

Tottenham is in second place, 10 points behind Chelsea and two points ahead of City. Liverpool is a point further back in fourth and four clear of fifth-placed United, which has two games in hand.

Jesse Lingard's 62nd-minute goal held up as the winner on Sunday at Middlesbrough.

Christian Eriksen opened scoring as Tottenham topped Southampton.

Many good chances went unfinished in Liverpool's visit to Manchester City. GETTY IMAGES

United had finished each of the last 19 weeks in sixth place in the Premier League, but finally climbed a spot with its win at the Riverside Stadium. Arsenal, which lost 3-1 at West Bromwich Albion on Saturday, has slipped to sixth place. THE ASSOCIATED PRESS

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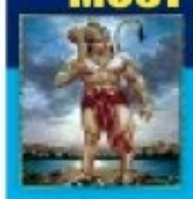

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IN BRIEF

Harvey wins cross-country silver in hometown

Norway's Johannes Klaebo edged Canada's Alex Harvey in a photo finish to win the 15-kilometre pursuit race Sunday at the cross-country skiing World Cup finals.

Both finished in 32 minutes 44.5 seconds but Klaebo took it in the photo finish in Quebec City.

Niklas Durhaug was third by only a tenth of a second.

Harvey finished second on the season in distance races behind Martin Sundby of Norway. THE CANADIAN PRESS

Raps race past Pacers

DeMar DeRozan scored 22 points to lift the Toronto Raptors to a 116-91 win over Indiana on Sunday.

Paul George led the Pacers with 18 points.

THE CANADIAN PRESS

Leishman highlights Bay Hill win with 50-foot eagle

Marc Leishman of Australia holed a 50-foot eagle putt on the 16th hole to take the lead, and he stayed there with two tough pars to win the Arnold Palmer Invitational and earn a trip to the Masters.

Leishman's pitch from 45 yards short of the 18th green rolled out to three feet, and he made the par putt for a 3-under 69.

THE ASSOCIATED PRESS

Marc Leishman GETTY IMAGES

MAKE IT TODAY

Refreshing Blueberry and Kale Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth.

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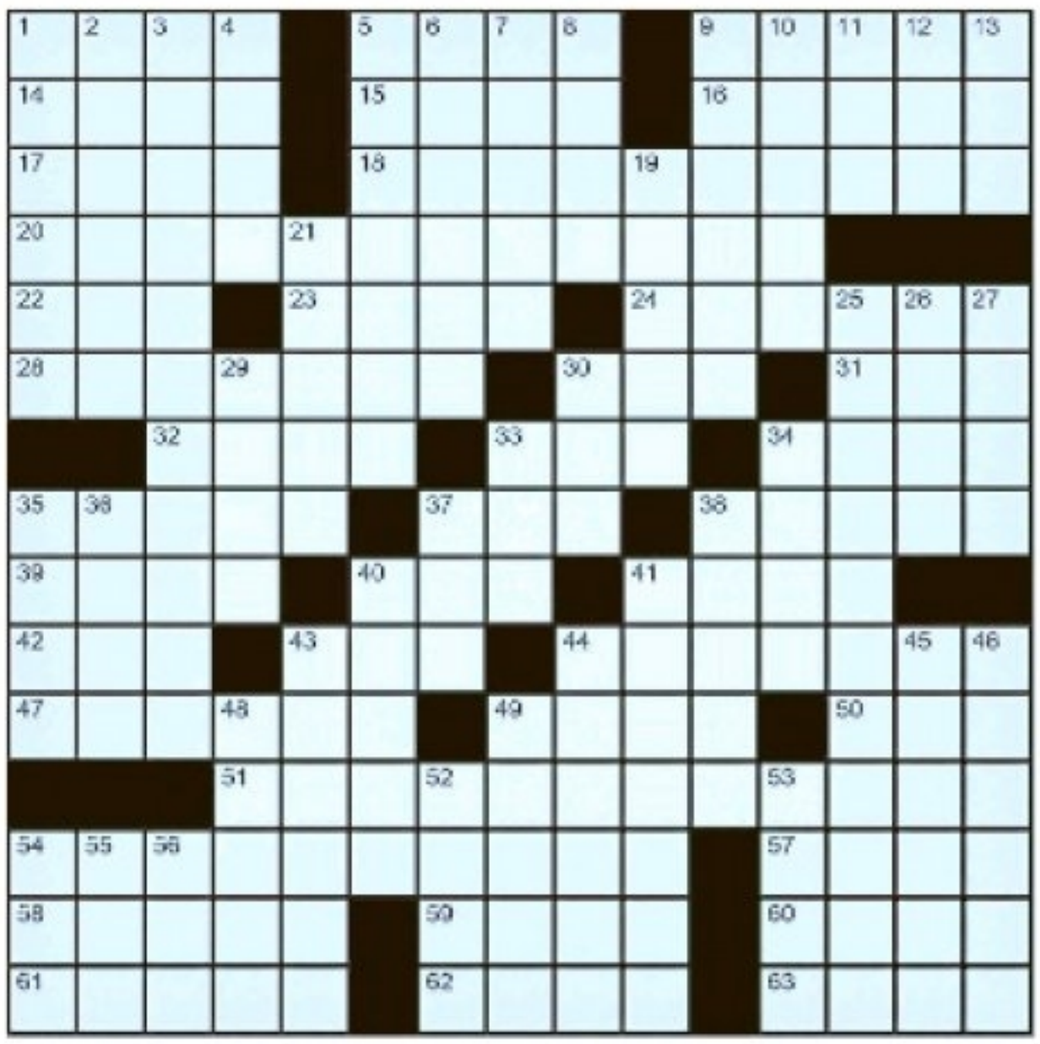
BY KELLY ANN BUCHANAN



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5. Actor/director Mr. Reiner
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18. Like the red soil of Prince Edward Island: 3 wds.
20. The 'Journey Prize' is one of the 10 literary awards bestowed by The __ of Canada
22. Belonging to Irish writer George William Russell's pen name
23. New York baseballers
24. Pony's place
28. __ of the Northern Lights (Canadian comic book superheroine introduced in 1941)
30. "Absolutely."
31. Mr. Romano
32. Dismounted
33. Hipster's home
34. __ fide
35. Copper, for one
37. Crow cry
38. Cod-like fishies
39. "__ be surprised!"
40. Method
41. Concern
42. Lady's titled man
43. Oomph
44. Airport landing ways
47. Playwright, Eugene __ (b.1888 - d.1953)
49. Pubs
50. Moo __ pork (Takeout dish)
51. Waterway upon which Edmonton sits, North __ River
54. Tomatoes-on-toast
57. Camera part, __ cover
58. Scoundrel
59. Royal's restrooms
60. Immobilizing spray
61. Additional
62. Fors
63. Proofreader's 'leave in'

DOWN
1. Canadian celebrity chef Mark, born in Buffalo, New York
2. "My feelings exactly.": 2 wds.
3. Since-1913 Edmonton edifice, Alberta __ Building
4. Contorted cord creation
5. Of these times, as world events
6. Record label Clive Davis founded
7. Elongated squares, for short
8. Bert of "The Wizard of Oz" (1939)
9. Surrealist artist Max, and surnamesakes
10. Tony-winning performer Ms. Rivera
11. Country legend
12. Flurry
13. Five-and-Five
19. "Somebody That __ to Know" by Gotye
21. Surfer's correspondence
25. Excreted the effects of exercising: 3 wds.
26. "Penny __" by The Beatles
27. Young hawk
29. __ the Impaler
30. Move off course
33. Salary
34. Brewery yeast
35. "__-Called Life"
36. Irish actor Mr. Macken
37. Mushroom's topper
38. Abrasive
40. Language spoken in Cardiff
41. Scavenger's serving
43. One setting something in position
44. 1981 Rolling Stones album: '__ You'
45. Opportunity
46. Towards the end of the day marvel
48. Matter that matters
49. Ulan __ (Mongolia's capital)
52. Seaweed sort
53. Traditional trees
54. Rob to Khloe, for short
55. Decay
56. Friend of 'feh'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is your hour! The Sun will be in your sign for the next four weeks, boosting your energy and attracting positive situations and people to you. Happy birthday!

Taurus April 21 - May 21
During the next month, you will be more low-key. However, this is an excellent time to strategize and plan ahead for the new year (birthday to birthday). Do you have any ideas?

Gemini May 22 - June 21
Today you enter a four-week window of time that will be very popular for you. Enjoy schmoozing with others. Join clubs, groups, classes and associations.

Cancer June 22 - July 23
During the next four weeks, the Sun is at the top of your chart, shining a flattering light on you. Use this to your advantage, and ask bosses and parents for what you want.

Leo July 24 - Aug. 23
Try to travel in the next four weeks, because you want to get outta Dodge. You need a change of scenery and a chance to learn something new!

Virgo Aug. 24 - Sept. 23
Red-tape issues about inheritances and shared property will be your primary focus for the next four weeks. Taxes, debt and insurance issues also will be on your mind.

Libra Sept. 24 - Oct. 23
Throughout the next four weeks, you will need more sleep than usual. Respect your need for more rest. Chill out.

Scorpio Oct. 24 - Nov. 22
Work to get better organized during the next four weeks, because this will make you feel great. You want your life to run more smoothly and efficiently.

Sagittarius Nov. 23 - Dec. 21
It's playtime! Vacations, romance, love affairs, the arts and fun activities with children are your primary focus throughout the next four weeks. Lucky you!

Capricorn Dec. 22 - Jan. 20
Home, family and your private world will be your main focus in the next four weeks. You will cocoon at home more often. Family issues will be at the forefront.

Aquarius Jan. 21 - Feb. 19
A busy pace begins now and lasts for the next four weeks. Short trips, increased reading and writing, errands and discussions with everyone will fill your schedule.

Pisces
Feb. 20 - March 20
Think of how to boost your earnings in the next four weeks as your mind turns to cash flow and assets. This also is a good time to think about what really matters in life.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		4	3				
					2	8		6
	7				6			
	3	5		2				1
6								5
8				4		6	2	
			5				7	
7		2	9					
				7	1		3	

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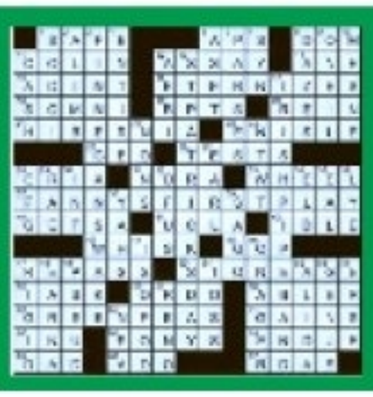
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



5	6	9	4	1	3	2	8	7
8	4	2	7	5	6	3	9	1
1	7	3	8	2	9	6	4	5
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4	5	8	2	3	7	9	1	6
3	9	7	5	6	1	8	2	4
9	3	5	1	4	2	7	6	8
7	8	4	6	9	5	1	3	2
6	2	1	3	7	8	4	5	9

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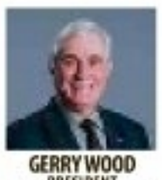

GERRY WOOD
PRESIDENT
WOOD AUTO GROUP

ROB COLEMAN
DEALER PRINCIPAL
21 YEARS

DARCY SCHINNOUR — SALES MANAGER — 20 YEARS
MARTIN VENNERI — SALES MANAGER — 10 YEARS
SCOTT CLAY — 6 YEARS
JOHAN DEDEUGD — 11 YEARS
HAN KIM — 25 YEARS
JOE CHIARIZIO — 49 YEARS
AARON SNOWIE — 9 YEARS
MICHAEL CYBULSKI — 11 YEARS
PHIL LAWRENCE — 23 YEARS
JOHN QUINLAN — 14 YEARS
BILLY MANSOUR — 2 YEARS
SCOTT SCHINNOUR — 6 YEARS
TODD CLAYTON — 8 YEARS
JIM NARFASON — FLEET MANAGER — 23 YEARS
CAILEAN WOOD — SALES MANAGER — 10 YEARS

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